





## 2023-2024 MEF IS ISTANBUL MARCH MENU

01/03/2024	CAL
MORNING BREAKFAST	
CUCUMBER / PEPPER	32
OLIVE/CHEDDAR CHEESE	72/71
HONEY / BUTTER	66/74
BOILED EGG	78
MILK	120
LUNCH	
EZOGELIN SOUP	83
FRESH BEANS WITH MEAT	158
NOODLE	138
BULGUR SALAD	180
SHEPHERDS SALAD	75
RED CABBAGE	40
YOGURT	76
FRUIT	55

04/03/20	24 CAL	05/03/2024	CAL	06/03/2024	CAL	07/03/2024		08/03/2024	CAL
MORNING BRE	AKFAST	MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST	
TOMATO PEP		CUCUMBER / PEPPER	32	CARROT/CUCUMBER	37	TOMATO/ PEPPER	32	TOMATO/ CUCUMBER	32
WHITE CHEESE/O		STRING CHEESE/OLIVES	81/72	CHEDDAR CHEESE / OLIVE	71/72	CHEESE ROLLS/OLIVES	75/72	OLIVE/WHITE CHEESE	72/62
JAM / BUTTE BOILED EGG		HONEY / BUTTER TURKISH BAGEL	66/74 136	JAM / BUTTER BOILED EGG	58/74 78	HONEY / BUTTER	66/74 147	TAHINI MOLASSES SCRAMBLED EGGS	66 110
MILK	3 78 120	HOMEMADE JUICE	52	MILK	120	POTATO OMELETTE LINDEN	74	SCRAMBLED EGGS MILK	120
LUNCH		LUNCH		LUNCH		LUNCH		LUNCH	
TOMATO SO	UP 85	PUMPKIN SOUP	134	STRAINED LENTIL SOUP	76	EZOGELIN SOUP	83	BROCCOLI SOUP	104
CHICKPEAS		CRISPY CHICKEN BAGUETTE	306	SPINACH	76	CRUNCHY MANTI	322	CHICKEN BURGER	235
RICE WITH NO	ODLE 139	RICE WITH TOMATO SAUCE	174	PASTA WITH BOLOGNESE SAUCE	192	VEGETABLE ROTATUE	89	FRIES	120
FRUIT	55	WHEAT SALAD	80	GRATED CARROT	40	GRATED CARROT	40	ROAST PEPPER	30
CELERY WITH OF SEASONAL SA		PURSLANE YOGURT GREEN SALAD/GRATED CARROT	89 18/40	SEASONAL SALAD BLACKEYED PEAS SALAD	25 180	LENTIL ROLLS GREEN SALAD	130 18	SPICY BAKED CAULIFLOWER SEASONAL SALAD/RED CABBAGE	80 25/40
PICKLE	15	BUTTERMILK	32	YOGHURT	76	YOGHURT	76	BUTTERMILK	32
YOGHURT WITH	MINT 41	FRUIT	55	CHOCOLATE PUDDING	122	FRUIT	52	FRUIT	55
AFTERNOON S	SNACK	AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
COCOA CAR	Œ 128	SALTED BREADSTICKS	172	TRAY PASTRY WITH POTATO	110	MOLASSES COOKIES	182	TURKISH BAGEL / CHEDDAR CHEESE	136/71
FRUIT	55	FRUIT	55	FRUIT	55	LINDEN	74	FRUIT	52
11/03/20	24	12/03/2024		13/03/2024		14/03/2024		15/03/2024	
MORNING BRE		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST	_
TOMATO/ CUCU		CARROT/CUCUMBER	37	TOMATO/ PEPPER	32	CUCUMBER / PEPPER	32	CARROT/CUCUMBER	37
WHITE CHEESE/C		STRING CHEESE/OLIVE	81/72	CHEDDAR CHEESE/ OLIVE	71/72	TWISTED CHEESE/OLIVES	75/72	OLIVE/CHEDDAR CHEESE	72/71
JAM / BUTTE	ER 58/74	HONEY / BUTTER	66/74	JAM / BUTTER	58/74	TAHIN MOLASSES	66	HONEY/BUTTER	66/74
BOILED EGG		SPICY SCRAMBLED EGGS	177	SCRAMBLED EGGS	110	CHEESE PASTRY	146	BOILED EGG	78
MILK	120	LINDEN	74	MILK LUNCH	120	HOMEMADE JUICE LUNCH	52	LUNCH	120
EZOGELIN SO	UP 83	MINT YOGURT SOUP	75	WEDDING SOUP	93	STRAINED LENTIL SOUP	76	VEGETABLE SOUP	114
PEAS	81	TURKEY TANDOOR WITH MASHED PATATOS	188	LEEK	73	STUFFED PEPPERS	273	MEF BURGER / FRIES	295/25
BULGUR RIC		RICE WITH NOODLE	139	PASTA WITH ALFREDO SAUCE	208	SPAGHETTI	190	SEASONAL SALAD	25
BULGUR SAL SHEPHERDS SA		YOGURT OLIVE OIL KIDNEY BEANS	76 93	CHICKPEA SALAD SEASONAL SALAD	96 25	BOILED VEGETABLES SEASONAL SALAD	76 25	DICED TOMATO COLESLAW	7 152
OVEN EGGPLANT		SEASONAL SALAD/GRATED CARROT	25/40	POTATO SALAD	71	RED CABBAGE	40	PICKLES	152
YOGHURT WITH		BUTTERMILK	32	YOGURT	76	YOGURT	76	BUTTERMILK	32
FRUIT	55	FRUIT	55	GERMAN PIE	293	FRUIT	55	FRUIT	55
AFTERNOON S	SNACK	AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK		AFTERNOON SNACK	
MELTED CHEESE OF	N BREAD 126	MOSAIC CAKE	134	TURKISH BAGEL / CHEDDAR CHEESE	136/71	PI COOKIES	142	PIZZA SLICES	143
FRUIT	55	FRUIT	120	FRUIT	55	MILK	120	CUCUMBER/ CARROT STICKS	45
18/03/20	24 CAL	19/03/2024	CAL	20/03/2024	CAL	21/03/2024	CAL	22/03/2024	CAL
MORNING E	BREAKFAST	MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST		MORNING BREAKFAST	
MORNING E		MORNING BREAKFAST CUCUMBER / PEPPER	32	MORNING BREAKFAST  CARROT/CUCUMBER	37	MORNING BREAKFAST TOMATO PEPPER	32	MORNING BREAKFAST TOMATO /CUCUMBER	32
	PER 32		32 81/72		81/72		32 62/72		32 72/75
TOMATO PEP WHITE CHEESE/G JAM/BUTTI	PER 32 DLIVES 62/72 ER 58/74	CUCUMBER / PEPPER CHEDDAR CHEESE/OLIVE HONEY / BUTTER	81/72 66/74	CARROT/CUCUMBER CHEESE/OLIVES JAM / BUTTER	81/72 58/74	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES	62/72 66	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER	72/75 66/74
TOMATO PEP WHITE CHEESE/G JAM/BUTTI TURKISH BAG	PER 32 DLIVES 62/72 ER 58/74 GEL 136	CUCUMBER / PEPPER CHEDDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE	81/72 66/74 204	CARROT/CUCUMBER CHEESE/OLIVES JAM / BUTTER POTATO PASTRY	81/72 58/74 110	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS	62/72 66 177	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG	72/75 66/74 78
TOMATO PEP WHITE CHEESE/ JAM / BUTTI TURKISH BAG MILK	PER 32 DLIVES 62/72 ER 58/74 GEL 136 120	CUCUMBER / PEPPER CHEDDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE	81/72 66/74	CARROT/CUCUMBER CHEESE/OLIVES JAM / BUTTER POTATO PASTRY MILK	81/72 58/74	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN	62/72 66	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK	72/75 66/74
TOMATO PEP WHITE CHEESE/ JAM / BUTTI TURKISH BAG MILK LUN	PER 32 DLIVES 62/72 ER 58/74 SEL 136 120 CH	CUCUMBER / PEPPER CHEDDAR CHESS/OUVE HONEY / BUITER CHESS OMELETTE HOMEMADE JUICE LUNCHC	81/72 66/74 204 52	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH	81/72 58/74 110 120	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH	62/72 66 177 74	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH	72/75 66/74 78 120
TOMATO PEP WHITE CHEESE// JAM / BUTTI TURKISH BAG MILK LUN VEGETABLE SI	PER 32 DLIVES 62/72 ER 58/74 SEL 136 120 CH DUP 114	CUCUMBER / PEPPER CHEDDAR CHEESE/OLIVE HONEY / BUITER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP	81/72 66/74 204 52	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP	81/72 58/74 110 120	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGEUN SOUP	62/72 66 177 74	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP	72/75 66/74 78 120
TOMATO PEP WHITE CHEESE/ JAM/ BUTTI TURKISH BAG MILK LUN VEGETABLE SI HARICOT BE.	PER 32 DUVES 62/72 ER 58/74 SEL 136 120  CH  DUP 114 AN 140	CUCUMBER / PEPPER CHEDDAR CHEESE/OLIVE HONEY / BUTTER CHESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGGOL MEATBALLS	81/72 66/74 204 52 75 199	CARROT/CUCUMBER CHEESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPYFISH	81/72 58/74 110 120	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH	62/72 66 177 74 83 189	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONE/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES	72/75 66/74 78 120
TOMATO PEP WHITE CHEESE/ JAM / BUTTI TURKISH BAG MILK  LUN VEGETABLE SI HARICOT BE. RICE WITH NO PICKLES	PER 32 DUVES 62/72 ER 58/74 SEL 136 120  CH  DUP 114 AN 140 OOLE 180	CUCUMBER / PEPPER CHEDDAR CHEESE/OUVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD	81/72 66/74 204 52 75 199 138 90	CARROT/CUCUMBER CHEESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINEO LENTIL SOUP CRISPY PISH PASTA WHEAT SALAD	81/72 58/74 110 120 76 167	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS	62/72 66 177 74	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP	72/75 66/74 78 120 91 235/250 43 40
TOMATO PEP WHITE CHEESE/ JAM / BUTIT TURKISH BAC MILK  LUN VEGTTABLE SC HARICOT BE RICE WITH NO PICKLES CARROT STE	PER 32 DILVES 62/72 ER 58/74 SEL 136 120  CH  DUP 114 AN 140 OOLE 180 15 CKS 40	CUCUMBER / PEPPER CHEDDAR CHESS/OLIVE HONEY / BUITER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT	81/72 66/74 204 52 75 199 138 90 40	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE	81/72 58/74 110 120 76 167 180	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS	62/72 66 177 74 83 189 136 130 40	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD	72/75 66/74 78 120 91 235/250 43 40 117
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAC MILK  LUN VEGETABLE SI HARICOT BE. RICE WITH NO PICKLES CARROT STIC CUCUMBER ST	PER 32 DUVES 62/72 ER \$8/74 SEL 136 120 CH  DUP 114 AN 140 ODLE 180 CKS 40 CKS 15	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS	81/72 66/74 204 52 75 199 138 90 40	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY PISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO	81/72 58/74 110 120 76 167 180 80 40 7	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGEUN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS	62/72 66 177 74 83 189 136 130 40	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO	72/75 66/74 78 120 91 235/250 43 40 117 7
TOMATO PEP WHITE CHEESE/ JAM / BUTT TURKISH BAC MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STILL CUCUMBER ST RED CABBA	PER 32 DUIVES 62/72 ER 58/74 SEL 136 120 CH UDUP 114 DUP 114 DUP 180 CHS 150 CKS 15 GE 40	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUITER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE	81/72 66/74 204 52 75 199 138 90 40 15 40	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LETNILS OUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS	81/72 58/74 110 120 76 167 180 80 40 7	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD	62/72 66 177 74 83 189 136 130 40 15 95	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS	72/75 66/74 78 120 91 235/250 43 40 117 7
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAC MILK  LUN VEGETABLE SI HARICOT BE. RICE WITH NO PICKLES CARROT STIC CUCUMBER ST	PER 32 DIVES 62/72 ER 58/74 SEL 136 DUP 114 NN 140 DOUE 180 15 EKS 40 DICKS 15 SEE 40 AD 25	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS	81/72 66/74 204 52 75 199 138 90 40	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY PISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO	81/72 58/74 110 120 76 167 180 80 40 7	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGEUN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS	62/72 66 177 74 83 189 136 130 40	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO	72/75 66/74 78 120 91 235/250 43 40 117 7
TOMATO PEP WHITE CHEESE/ JAM/ BUTIT TURKISH BAC MILK  LUN VEGETABLE St HARICOT BE RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBA SEASON SAL VOGHURT WITH GRAPE COMP	PER 32 DJUVES 62/72 ER 58/74 SEL 136 CH 120 CH 120 CH 140 AN 140 AN 140 AN 15: CKS 40 CKS 15 CKS 40 AD 25 MINIT 41 AN OTE 99	CUCUMBER / PEPPER CHEDAR CHESS/OUVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGUIRT	81/72 58/74 110 120 76 167 180 80 40 7 15 25 40 76	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE	62/72 66 177 74 83 189 136 130 40 15 95 25 41	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAC MILK  LUN VEGETABLE SI HARICOT BE. RICE WITH NO PICKLES CARBOT STIL CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP	PER 32 DILVES 62/72 ER 58/74 SEL 136 DUP 114 AN 140 DOLE 150 CKS 15 SE 40 AD 25 MINT 41 OTE 99 55	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH  STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT	81/72 58/74 110 120 76 167 180 80 40 7 15	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGEUN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING	62/72 66 177 74 83 189 136 130 40 15 95 25 41	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETRALES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGETABLE SI HARICOT BE. RICE WITH NO PICKLES CAROT STIC CUCUMBER ST RED CABBA SEASON SALL VOGHURT WITH GRAPE COMP FRUIT AFTERNOC	PER 32 DIVES 62/72 ER \$8/74 SEL 136 DUP 114 AN 140 DUE 180 DUE 15 KKS 40 CICKS 15 GE 40 AD 25 MINIT 41 OTE 99 S5	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUITER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALAD SALAD BUTTERMILK BROWNIE AFTERNOON SNACK	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK	81/72 58/74 110 120 76 167 180 80 7 15 25 40 76 55	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAC MILK  LUN VEGETABLE SE HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT AFTERNOC COCOA MUB	PER 32 DUIVES 62/72 ER 58/74 SEL 136 CH 120 CH 120 CH 140 DUP 114 AN 140 ODLE 180 CKS 15 CKS 40 CKS 15 GE 40 AD 25 MINT 41 OTTE 99 55 DIN SNACK FINN 128	CUCUMBER / PEPPER CHEDAR CHESS/OUVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES	81/72 58/74 110 120 76 167 180 80 40 7 15 25 40 76 55	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS	62/72 66 177 74 83 189 136 130 40 15 95 525 41 40 128	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGSTABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTENOON SNACK EASTER BUNS	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGETABLE SI HARICOT BE. RICE WITH NO PICKLES CAROT STIC CUCUMBER ST RED CABBA SEASON SALL VOGHURT WITH GRAPE COMP FRUIT AFTERNOC	PER 32 DIVES 62/72 ER \$8/74 SEL 136 DUP 114 AN 140 DUE 180 DUE 15 KKS 40 CICKS 15 GE 40 AD 25 MINIT 41 OTE 99 S5	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUITER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALAD SALAD BUTTERMILK BROWNIE AFTERNOON SNACK	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK	81/72 58/74 110 120 76 167 180 80 7 15 25 40 76 55	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAC MILK  LUN VEGETABLE SE HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT AFTERNOC COCOA MUB	PER 32 20	CUCUMBER / PEPPER CHEDAR CHESS/OUVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES	81/72 58/74 110 120 76 167 180 80 40 7 15 25 40 76 55	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS	62/72 66 177 74 83 189 136 130 40 15 95 525 41 40 128	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGSTABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTENOON SNACK EASTER BUNS	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55
TOMATO PEP WHITE CHEESE/I JAM/ BUTT TURKISH BAA MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUE MILK	PER 32 20	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUITER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN	81/72 58/74 1110 120 76 167 180 80 40 7 15 25 40 76 55	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT	62/72 66 177 74 83 189 136 40 15 5 25 41 40 128	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTERNOON SNACK EASTER BUNS MILK	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55
TOMATO PEP WHITE CHEESE/I JAM / BUTTI TURKISH BAA MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUF MILK  25/03/20 MORNING E	PER 32 20	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALADAD SALADAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT 26/03/2024 MORNING BREAKFAST	81/72 66/74 204 52 75 199 138 90 40 71 25 32 319 136/71 55	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LETHIS JOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST	81/72 58/74 1110 120 76 167 180 80 40 7 15 25 40 76 157 7 15 7 7 15 7 40 7 7 7 15 7 40 7 7 7 7 40 7 7 7 7 40 7 7 7 7 40 7 7 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7 8 7	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST	62/72 66 177 74 83 189 136 130 40 15 95 55 41 40 128	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55
TOMATO PEP WHITE CHEESE/I JAM/ BUTIT TURKISH BAG MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUF MILK  25/03/20	PER 32 DUVES 62/72 ER 58/74 SEL 136 CH  DUP 114 AN 140 ODLE 180 CKS 40 CKS 15 CE 40 AD 25 MINT 41 OTE 99 55 DIN SNACK FIN 128 L20 L24 CAL  SREAKFAST  MBER 32	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUITER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALADA SALADA BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT 26/03/2024	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN	81/72 58/74 1110 120 76 167 180 80 40 7 15 25 40 76 55	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024	62/72 66 177 74 83 189 136 40 15 5 25 41 40 128	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT  AFTERNOON SNACK EASTER BUNS MILK  29/03/2024	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55
TOMATO PEP WHITE CHEESE/ JAM / BUTT TURKISH BAG MILK  LUN VEGETABLE SE HARICOT BE RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBA SEASON SAL VOGHUST WITH GRAPE COMP FRUIT AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM / BUTT	PER 32 DUIVES 62/72 ER 58/74 STEL 136 CH  DUP 114 AN 140 ODLE 180 CKS 15 CKS 40 CKS 15 CE 40 AD 25 DIF 140 AD 25 DIF 150 DIF 1	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT 26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319 136/71 55	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER	81/72 58/74 110 120 76 167 180 80 40 7 15 25 40 76 55 153 74	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT 28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 CAL	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CABBOTO DIP BUTTERMILK FRUIT  AFTERNOON SNACK EASTER BUNS MILK  29/03/2024  MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHESSE / CLIVE JAM / BUTTER	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 201 120  CAL
TOMATO PEP WHITE CHEESE/ JAM/ BUTTI TURKISH BAC MILK  LUN VEGETABLE SC HARICOT BE. RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBAC SEASON SALL VOGHURT WITH GRAPE COMP FRUIT AFTERNOC COCOA MUE MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUTTI BOILED EG BOILED EG BOILED EG JAM/ BUTTI BOILED EG BOILED EG JAM/ BUTTI BOILED EG J	PER 32 DJUVES 62/72 ER 58/74 SEL 136 CH  DUP 114 NN 140 DUP 155 EKS 40 CICKS 15 EGE 40 AD 25 MINIT 41 OTE 99 55 DN SNACK  PEIN 128 BREAKFAST  MBER 32 DJUVES 62/72 ER 58/74 EG 78	CUCUMBER / PEPPER CHEDAR CHESS/OUVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OUVE HONEY / BUTTER SCRAMBLED EGGS	81/72 66/74 204 52 75 199 40 40 115 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH  STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024  MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHEESE / OLIVE JAM / BUTTER POTATO OMELETTE	81/72 58/74 110 120 76 167 180 80 40 40 77 15 25 40 76 55 74 CAL	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCLUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT 28/03/2024 MORNING BREAKFAST CARROT/CUCLUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 CAL	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM / BUTTER HERBED OMELET	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 55 201 120  CAL 37 71/72 58/74 106
TOMATO PEP WHITE CHEESE/I JAM / BUTT TURKISH BAA MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUP MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM / BUTT BOILED EG MILK  MILK	PER 32 DUIVES 62/72 ER 58/74 SEL 136 SEL 120 CH DUIP 114 DUIP 114 DUIP 115 SEL 15 SEL	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALAD SALAD SALAD SALAD SALAD SALAD SALAD TO SALAD S	81/72 66/74 204 52 75 199 138 90 40 15 40 17 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LETHIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN 27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / CILVE JAM / BUTTER POTATO OMELETE MILK	81/72 58/74 110 120 76 167 180 80 40 7 15 25 40 7 6 55 153 74 CAL	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM / BUTTER TRAY PASTRY WITH CHEESE MILK	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM / BUTTER HERBED OMELET LINDEN	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 85 32 55  CAL  37 71/72 58/74
TOMATO PEP WHITE CHEESE/ JAM/ BUTIT TURKISH BAG MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBA SEASON SAL YOGHUST WITH GRAPE COMP FRUIT AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUST BOILED EG MILK LUN	PER 32 DUIVES 62/72 ER 58/74 STEL 136 CH  DUIP 114 DUIP 114 DUIP 114 DUIP 114 DUIP 116 CKS 15 CKS 40 CKS 15 GE 40 AD 25 SIMINT 41 OTE 99 STEL 120 CL CAL  BREAKFAST  MBER 32 DUIVES 62/72 ER 58/74 G 78 G 78 G 78 I 20 CCH	CUCUMBER / PEPPER CHEDAR CHESS/OUVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OUVE HONEY / BUTTER SCRAMBLED EGGS	81/72 66/74 204 52 75 199 40 40 115 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH	81/72 58/74 110 120 76 167 180 80 40 40 77 15 25 40 76 55 74 CAL	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCLUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT 28/03/2024 MORNING BREAKFAST CARROT/CUCLUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CABROTO DIP BUTTERMILK FRUIT  AFTERNOON SNACK EASTER BUNS MILK  29/03/2024  MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM /BUTTER HERBED OMELET LINDEN LUNCH	72/75 66/74 78 120 91 235/250 43 40 117 7 15 25 55 201 120  CAL 37 71/72 58/74 106
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGETABLE SE HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT AFTERNOC COCOA MUB MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUTT BOILED EG MILK  LUN STRAINED LENTI	PER 32 DIVES 62/72 DIVES 62/78	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESES / OLIVE JAM / BUTTER POTATO OMELETE MILK LUNCH TOMATO SOUP WITH CROTONS	81/72 58/74 110 120 76 167 167 180 80 40 40 40 76 55 55 CAL 25 40 55 55 CAL 80 80 80 80 80 80 80 80 80 80	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT 28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JIAM / BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP	62/72 66 177 74 83 189 136 130 40 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VESTFABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CAROT DIP BUTTERMIK FRUIT AFTENOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CAROT/CUCUMBER CHEDAR CHESSE / OLIVE JAM/ BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP	72/75 66/74 78 120 91 225/250 43 40 117 7 7 15 85 32 25 55 201 120 CAL
TOMATO PEP WHITE CHEESE/I JAM / BUTT TURKISH BAA MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM / BUTT BOILE DEG MILK LUN STRAINED LENTI TURKISH RAW  I SMR   STRAINED LENTI TURKISH RAW  TORM  T	PER 32 DUIVES 62/72 ER 58/74 SEL 136 CH DUP 114 DUP 114 DUP 114 DUP 155 SES 40 CODLE 180 CODLE 180 CODLE 190 CODLE 155 SES 40	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALAD SALAD SALAD SALAD SALAD SALAD SALAD TO SALAD S	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LETHIS JOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / CILVE JAM / BUTTER POTATO OMELETE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE SESAME CHICKEN WITH SWEET AND SOUR SAUCE	81/72 58/74 110 120 76 167 180 80 40 40 7 7 15 25 40 76 55 153 74 CAL	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM / BUTTER TAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHESE ROLLS/OLIVES HONE/BUTTER BOILED EGG MILK LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHESES / OLIVE JAM / BUTTER HERBED OMELET LINDEN LUNCH LENTLL SOUP MEATBALLS WITH PITA	72/75 66/74 78 120 91 225/250 43 40 117 7 15 85 82 32 32 37 7 7 120 CAL
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGETABLE SE HARICOT BE RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBA SEASON SAL YOGHUST WITH GRAPE COMP FRUIT AFTERNOC COCOA MUP MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUTT BOILED EG MILK  LUN STRAINED LENTI TURKISH RAV BAKED VEGETS	PER 32 DUIVES 62/72 EER 58/74 SEL 136 CH  DUP 114 ANN 140 ODLE 180 CKS 15 CE 40 AD 25 CIKS 15 OF 40 AD 25 OF 50 AD 25 OF 50 AD 25 OF 50 AD 25 OF 50 AD 25 AD	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE ATTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCED POTATO DISH BUIGUR RICE	81/72 66/74 204 52 75 199 138 90 40 15 40 15 32 319 136/71 55 <b>CAL</b>	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE SOUDE WITH SWEET AND SOUR SAUCE SEAME CHICKEN WITH SWEET AND SOUR SAUCE SOUDE WITH VEGETABLES	81/72 58/74 110 120 76 167 167 180 80 40 7 15 25 40 7 76 55 153 74 CAL 25 87 47 120 88 88 140 15 15 15 16 17 17 18 18 18 18 18 18 18 18 18 18	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY	62/72 66 67 177 74 83 189 136 130 40 15 95 52 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CABBOTO DIP BUTTERMILK FRUIT  AFTENOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHESSE/ OLIVE JAM/ BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL - FRESH BEANS	72/75 66/74 72 91 120 91 1235/250 43 40 117 7 7 15 5 85 32 25 55 201 120 201 120 21 205 21 205 21 205 21 205 21 205 21 205 21 205 205 205 205 205 205 205 205 205 205
TOMATO PEP WHITE CHEESE/I JAM / BUTTI TURKISH BAK MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/I JAM / BUTTI BOILED EG MILK  LUN STRAINED LENTI TURKISH RAV BAKED VEGETA OVER EGGPLANI	PER 32 DUIVES 62/72 ER 58/74 SEL 136 CH DUIP 114 DUIP 114 DUIP 115 DUIP 15 DUIP 15 DUIP 15 DUIP 16 DUIP 16 DUIP 17 DUIP 17 DUIP 18 DUI	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALAD SALAD SALAD SALAD SALAD SALAD SALAD TO SALAD S	81/72 66/74 204 52 75 199 40 40 115 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LETHIS JOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / CILVE JAM / BUTTER POTATO OMELETE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE SESAME CHICKEN WITH SWEET AND SOUR SAUCE	81/72 58/74 110 120 76 167 180 80 40 40 7 7 15 25 40 76 55 153 74 CAL	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM/BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTIES	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT  AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHEESE / CULVE JAM / BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL. FRESH BEANS GRATED CARROT	72/75 66/74 78 120 91 225/250 43 40 117 7 15 85 82 32 32 37 7 7 120 CAL
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGETABLE SE HARICOT BE RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBA SEASON SAL YOGHUST WITH GRAPE COMP FRUIT AFTERNOC COCOA MUP MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUTT BOILED EG MILK  LUN STRAINED LENTI TURKISH RAV BAKED VEGETS	PER 32 DUIVES 62/72 ER 58/74 SEL 136 CH UDUP 114 DUP 114 DUP 114 DUP 114 DUP 116 SEL 15 CKS 15 GE 40 AD 25 MINT 41 OTE 99 DI SNACK FIN 128 BREAKFAST MBER 32 DUVES 62/72 ER 58/74 G 78	CUCUMBER / PEPPER CHEDAR CHESS/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD SEASON SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCED POTATO DISH BULGUR RICE GREEN LEUTIL SALAD	81/72 66/74 204 52 75 199 138 90 40 15 40 15 32 319 136/71 55 <b>CAL</b>	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH  STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024  MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH VEGETABLES SQUASH DIP	81/72 58/74 110 120 76 167 167 180 80 40 40 77 15 25 40 76 55 CAL 32 71/72 58/74 120 85 135 137 60	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL 37 75/72 58/74 110 120	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT  AFTEROON SNACK EASTER BUNS MILK  29/03/2024  MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHESSE / OLIVE JAM / BUTTER HERBED OMELET LINDEN  LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL - FRESH BEANS GRATED CARROT RED CABBAGE ROAST PEPPER SALAD	72/75 66/74 78 120 91 1235/250 43 40 117 7 7 15 85 32 25 55 CAL  37 71/72 58/74 120 74  83 227 130 40 40 40 40 40 40 40 40 40 4
TOMATO PEP WHITE CHEESE/ JAM / BUTT TURKISH BAC MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM / BUTT BOILED EG MILK  LUN STRAINED LENTI TURKISH RAV BAKED VEGETE OVEN EGGPLANI GRATED CARI CHICKPEA SA YOGHURT	PER 32 DUIVES 62/72 ER 58/74 SEL 136 CH DUIP 114 DUIP 114 DUIP 114 DUIP 115 CKS 15 SE 40 CKS 15 SE 40 AD 25 MINT 41 OTE 99 CN SNACK FIN 128 EVEN 120  CAL SURFAKFAST WHERE 32 DUIVES 62/72 ER 58/74 G 78 CH LSOUP 76 LSOUP	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCED POTATO DISH BUIGUR RICE GREEN LENTLI SALAD RED CABBAGE CUCUMBER STICKS YOGHURT	81/72 66/74 204 52 75 199 138 90 40 15 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK  LUNCH  STRAINED LENTIL SOUP CRISPY PISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT  AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024  MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHEESE / OLIVE JAM / BUTTER POTATO OMELETE MILK LUNCH  TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH YEGETABLES SQUASH DIP CARROT STICKS GREEN SALAD WHEAT SALAD	81/72 58/74 110 120 76 167 167 180 80 40 40 40 7 15 25 40 76 55 55 153 74 CAL 32 71/72 58/74 147 120 88 88 81 83 84 85 86 87 87 87 87 87 87 88 88 88 88	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM / BUTTER TRAY PASTY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTILS RED CABBAGE GRATED CARROT POTATO CROQUETTES	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARBOT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM / BUTTER HERBED OMELET LINDEN  LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL, FRESH BEANS GRATED CABROT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS	72/75 66/74 78 120 91 228/720 43 40 117 7 15 25 85 85 201 120 21 120 25 71/72 140 74 74 74 74 74 74 74 74 74 74 74 74 74
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGETABLE SI HARICOT BE. RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBA SEASON SAL VOGHUST WITH GRAPE COMP FRUIT AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUTT BOILED EG MILK LUN STRAINED LENTI TURKISH RAV BAKED VEGET? OVEN EGGPLANT GRATED CARL CHICKPEA SA VOGHURT BUILGUE SAL	PER 32 DUIVES 62/72 ER 58/74 SEL 136 CH 120 CH 120 CH 120 CH 130 CKS 15 CKS 40 CKS 15 CE 40 CAD 25 CKS 15 CE 40 CAD 25 CH 120 CH 220 CH	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABROT SALAD SASAON SALAD SASAON SALAD BUTTERMILK BROWNIE ATTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCED POTATO DISH BUILGUR RICE GREEN LENTIL SALAD RED CABBAGE CUCUMBER STICKS YOGHURT CAULIFURE STICKS	81/72 66/74 204 52 75 199 138 90 40 15 40 15 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY PISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH VEGETABLES SOUASH DIP CARROT STICKS GREEN SALAD WHEAT SALAD OLIVE OIL CELERY	81/72 58/74 110 120 76 167 167 180 80 40 7 15 25 40 76 55 153 74 CAL 83 24 25 40 40 7 7 15 25 40 40 7 7 15 25 40 40 7 16 55 55 80 80 80 80 80 80 80 80 80 80	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTIES RED CABBAGE GRATED CARROT POTATO CROQUETTES ROASTED PEPPER SALAD	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARBOT DIP BUTTERMILK FRUIT AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHESSE/ JULYE JAM/ BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL. FRESH BEANS GRATED CARROT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROLLS	72/75 66/74 72 91 120 91 1235/250 43 40 117 7 7 115 85 32 25 55 201 120 CAL 37 71/72 156 74 106 74
TOMATO PEP WHITE CHEESE/I JAM/ BUTT TURKISH BAK MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/I JAM/ BUTT BOILED GE MILK LUN STRAINED LENTI TURKISH RAW BAKED VEGETO OVER EGGPLANI GRATED CARI CHICKPEA SA YOGHURT BULGIUR SAL SEASONALAS	PER 32  DUIVES 62/72  ER 58/74  SEL 136  CH UDUP 114  DUP 114  DUP 114  DUP 115  SES 40  CODIE 180  CODIE 180  CODIE 180  CODIE 180  CODIE 190	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALAD SALAD BUTTERMILK BROWNIE AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCED POTATO DISH BULGUR RICE GREEN LENTL. SALAD RED CABBAGE CUCUMBER STICKS YOGHURT CAULIFUCHER STICKS YOGHURT CAULIFUCHER NICKS YOGHURT CAULIFUCHER WITH YOGHURT GREEN SALAD	81/72 66/74 204 52 75 199 40 40 115 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESS/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN 27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH YEGETABLES SQUASH DIP CARROT STICKS GREEN SALAD WHEAT SALAD UNEAT SALAD OLIVE OIL CELERY RED CABBAGEE	81/72 58/74 110 120 76 167 167 180 80 40 40 77 15 25 40 76 55 CAL 32 71/72 58/74 147 120 85 135 137 60 40 40 40 76 55 60 40 40 76 55 60 40 40 40 40 40 40 40 40 40 4	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024 MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM / BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTIES RED CABBAGE GRATED CABROT POTATO CROQUETTES ROASTED PEPPER SALAD SEASONAL SALAD SEASONAL SALAD SEASONAL SALAD	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL 37 75/72 58/74 110 120	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT  AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHEESE / CILVE JAM / BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL, FRESH BEANS GRATED CABRAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROLLS SEASON SALAD	72/75 66/74 78 120 91 1235/250 43 40 117 7 7 15 85 32 25 55 201 120 CAL  37 71/72 58/74 140 40 40 40 40 40 40 40 40 40
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAA MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIL CUCUMBER ST RED CABBA SEASON SAL YOGHUST WITH GRAPE COMP FRUIT AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHESE/E JAM/ BUTT BOILED EG MILK LUN STRAINED LENTI TURKISH RAA BAKED VEGETA OVEN EGGETAN GRATED CARL CHICKPEA SA YOGHUST UST BULGUR SAL SEASONAL SA RED CABBA	PER 32 DUIVES 62/72 ER 58/74 STELL 136 CH DUIP 114 DUIP 114 DUIP 114 DUIP 114 DUIP 116 DUIP 120 CKS 15 GE 40 AD 25 SIN SNACK FIN 128 SEAKFAST WHERE 32 DUIVES 62/72 ER 58/74 G 78	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABROT CUCUMBER STICKS RED CABROT SALAD BUTTERMILK BROWNIE ATTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024 MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCEP POTATO DISH BULGUR RICE GREEN LENTIL SALAD RED CABBAGE CUCUMBER STICKS YOGHURT CAULIFLOWER WITH YOGHURT GREEN SALAD GRATED CARROT	81/72 66/74 204 52 75 199 138 90 40 15 40 17 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK  LUNCH  STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT  AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024  MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH VEGETABLES SQUASH DIP CARROT STICKS GREEN SALAD WHEAT SALAD OLIVE OIL CELERY RED CABBAGE BUTTERRINILK	81/72 58/74 110 120 76 167 167 180 80 40 7 15 25 40 76 55 153 74 CAL 23 23 27 27/72 58/74 147 120 88 88 89 40 40 40 40 40 40 40 40 40 40	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCLUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024  MORNING BREAKFAST CARROT/CUCLUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTIES RED CABBAGE GRATED CARROT POTATO CROQUETTES ROASTED PEPPER SALAD SEASONAL SALAD YOGHURT	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL 37 75/72 58/74 110 120 93 224 259 72 40 40 40 110 110 110 110 110 110 110 11	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CABROTO DIP BUTTERMILK FRUIT  AFTERNOON SNACK EASTER BUNS MILK  29/03/2024  MORNING BREAKFAST CARBOT/CUCUMBER CHEDDAR CHEESE / OLIVE JAM / BUTTER HERBED OMELET LINDEN  LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL -FRESH BEANS GRATED CARROT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROLLS SEASON SALAD	72/75 666/74 720 91 225/250 43 40 40 117 7 15 5 85 22 55 55 201 120 201 120 21 120 43 43 40 40 40 40 40 40 40 40 40 40 40 40 40
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGITABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT AFTERNOC COCOA MUB MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUTT BOILED EG MILK  LUN STRAINED LENTI TURKISH RAV BAKED VEGET; OVEN EGGPLANT GRATED CARL CHICKPEA SA YOGHURT BULICUR SAL SEASONAL SA RED CABBA FRUIT	PER 32 DIJUNES 62/72 EER 58/74 EEL 136 EER 58/74 EEL 120  CH  DUP 114 AN 140 ODLE 180 CKS 45 EEL 40 AD 25 EEL 40 AD 25 EEL 50 EE	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE  AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024  MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCED POTATO DISH BUIGUR RICE GREEN LENTIL SALAD RED CABBAGE CUCUMBER STICKS YOGHURT CAULIFLOWER WITH YOGHURT GREEN SALAD GRAND CARROT SEMOLINA CAKE	81/72 66/74 204 52 75 199 40 40 115 40 71 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH  STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024  MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH YEGETABLES SQUASH DIP CARROT STICKS GREEN SALAD WHEAT SALAD OLIVE OIL CEERLY RED CABBAGE BUTTERRHILK FRUIT	81/72 58/74 110 120 76 167 167 180 80 40 40 77 15 25 40 76 55 CAL 32 71/72 58/74 147 120 85 135 137 60 40 40 40 76 55 60 40 40 76 55 60 40 40 40 40 40 40 40 40 40 4	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024  MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTIES RED CABBAGE GRATED CARROT POTATO CROQUETTES ROASTED PEPPER SALAD SEASONAL SALAD YOGHURT PROFITEROL	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL 37 75/72 58/74 110 120	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT  AFTENOON SNACK EASTER BUNS MILK  29/03/2024  MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHESSE / OLIVE JAM / BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL, FRESH BEANS GRATED CARROT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROULS SEASON SALAD BUTTERMILK FRUIT	72/75 66/74 78 120 91 1235/250 43 40 117 7 7 15 85 32 25 55 201 120 CAL  37 71/72 58/74 140 40 40 40 40 40 40 40 40 40
TOMATO PEP WHITE CHEESE/I JAM / BUTTI TURKISH BAK MILK  LUN VEGETABLE SI HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT  AFTERNOC COCOA MUF MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/I JAM / BUTTI BOILED EG MILK  LUN STRAINED LENTI TURKISH RAV BAKED VEGETA OVER EGGPLANI GRATEO CAR CHICKPEA SA YOGHURT BULGUR SAL SEASONALS RED CABBA FRUIT  AFTERNOC	PER 32 DUIVES 62/72 ER \$8/74 SEL 136 EL 120 CH DUIP 114 DUIP 114 DUIP 115 DUIP 116 DUIP 15 SE 40 DUIP 15	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SALAD BUTTERMILK BROWNIE  AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024  MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOUR TSOUP MINCED POTATO DISH BULGUR RICE GREEN LENTL. SALAD RED CABBAGE CUCUMBER STICKS YOGHURT CAULIFUM RICE GREEN LENTL. SALAD RED CABBAGE CUCUMBER STICKS YOGHURT CAULIFUM WITH YOGHURT GREEN SALAD GRATED CARROT SEMOULINA CAKE AFTERNOON SNACK	81/72 66/74 204 52 75 199 40 40 15 40 40 71 25 32 319 136/71 55 CAL 37 81/72 66/74 106 74 75 214 83 84 40 76 76 76 76 76 76 76 76 76 76 76 76 76	CARROT/CUCUMBER CHESS/OLIVES JAM/ BUTTER POTATO PASTRY MILK  LUNCH  STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT  AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024 MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESS / OLIVE JAM / BUTTER POTATO OMELETE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH VEGETABLES SQUASH DIP CARROT STICKS GREEN SALAD WHEAT SALAD OLIVE OIL CELERY RED CABBAGE BUTTERNILK FRUIT  AFTERNOON SNACK	81/72 58/74 110 120 76 167 167 180 80 40 40 40 76 55 55 CAL 25 40 55 55 80 133 74 CAL 85 135 137 147 120 88 80 40 40 76 55 80 15 15 15 16 16 16 16 16 16 16 16 16 16	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD SOUPHIT WITH MINT RED CABBAGE WHITE PUDDING  AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024  MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM/BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTIES RED CABBAGE GRATED CARROT POTATO CROQUETTES ROASTED PEPPER SALAD SEASONAL SALAD YOGHURT PROFITEROL AFTERNOON SNACK	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL	TOMATO /CUCUMBER CHEESE ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT  AFTERNOON SNACK EASTER BUNS MILK  29/03/2024 MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHEESE / CILVE JAM / BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL. FRESH BEANS GRATED CABRACT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROLLS SEASON SALAD BUTTERMILK FRUIT AFTERNOON SNACK	72/75 66/74 72 91 235/256 120 91 91 235/256 43 40 117 7 15 25 85 32 255 201 120  CAL  37 71/72 58/74 120 130 130 130 130 155 132
TOMATO PEP WHITE CHEESE/ JAM/ BUTT TURKISH BAG MILK  LUN VEGETABLE SE HARICOT BE RICE WITH NO PICKLES CARROT STIC CUCUMBER ST RED CABBA SEASON SAL YOGHURT WITH GRAPE COMP FRUIT AFTERNOC COCOA MUB MILK  25/03/20 MORNING E TOMATO CUCU WHITE CHEESE/ JAM/ BUTT BOILED EG MILK  LUN STRAINED LENTI TURKISH RAV BAKED VEGETE OVEN EGGPLANT GRATED CARD CHICKPEA SA YOGHURT BULICUR SAL SEASONAL SA RED CABBA FRUIT	PER 32 DUIVES 62/72 ER \$8/74 SEL 136 EL 120 CH DUIP 114 DUIP 114 DUIP 115 DUIP 116 DUIP 15 SE 40 DUIP 15	CUCUMBER / PEPPER CHEDAR CHEESE/OLIVE HONEY / BUTTER CHEESE OMELETTE HOMEMADE JUICE  LUNCHC SPRING SOUP INEGOL MEATBALLS NOODLE BEAN SALAD GRATED CARROT CUCUMBER STICKS RED CABBAGE POTATO SALAD SEASON SALAD BUTTERMILK BROWNIE  AFTERNOON SNACK TURKISH BAGEL / CHEDDAR CHEESE FRUIT  26/03/2024  MORNING BREAKFAST CARROT/CUCUMBER STRING CHEESE/OLIVE HONEY / BUTTER SCRAMBLED EGGS LINDEN LUNCH MINT YOGURT SOUP MINCED POTATO DISH BUIGUR RICE GREEN LENTIL SALAD RED CABBAGE CUCUMBER STICKS YOGHURT CAULIFLOWER WITH YOGHURT GREEN SALAD GRAND CARROT SEMOLINA CAKE	81/72 66/74 204 52 75 199 138 90 40 15 40 17 25 32 319 136/71 55 CAL	CARROT/CUCUMBER CHESE/OLIVES JAM / BUTTER POTATO PASTRY MILK LUNCH  STRAINED LENTIL SOUP CRISPY FISH PASTA WHEAT SALAD RED CABBAGE DICED TOMATO CUCUMBER STICKS SEASON SALAD GRATED CARROT YOGURT FRUIT AFTERNOON SNACK GRAPE COOKIES LINDEN  27/03/2024  MORNING BREAKFAST TOMATO / PEPPER CHEDDAR CHESSE / OLIVE JAM / BUTTER POTATO OMELETTE MILK LUNCH TOMATO SOUP WITH CROTONS SESAME CHICKEN WITH SWEET AND SOUR SAUCE NOODLE WITH YEGETABLES SQUASH DIP CARROT STICKS GREEN SALAD WHEAT SALAD OLIVE OIL CEERLY RED CABBAGE BUTTERRHILK FRUIT	81/72 58/74 110 120 76 167 167 180 80 40 7 15 25 40 76 55 153 74 CAL 23 23 27 27/72 58/74 147 120 88 88 89 40 40 40 40 40 40 40 40 40 40	TOMATO PEPPER WHITE CHEESE/OLIVES TAHIN MOLASSES SPICY SCRAMBLED EGGS LINDEN  LUNCH EZOGELIN SOUP EGGPLANT DISH RICE WITH VERTURE LENTIL ROLLS CARROT STICKS CUCUMBER STICKS TUNA SALAD SEASON SALAD YOGHURT WITH MINT RED CABBAGE WHITE PUDDING AFTERNOON SNACK SESAME SALT BREADSTICKS FRUIT  28/03/2024  MORNING BREAKFAST CARROT/CUCUMBER TWISTED CHEESE/OLIVES JAM/ BUTTER TRAY PASTRY WITH CHEESE MILK LUNCH WEDDING SOUP GREEN LENTILS CHEESE PASTRY OVEN VEGETABLE PATTIES RED CABBAGE GRATED CARROT POTATO CROQUETTES ROASTED PEPPER SALAD SEASONAL SALAD YOGHURT PROFITEROL	62/72 66 177 74 83 189 136 130 40 15 95 25 41 40 128 172 55 CAL 37 75/72 58/74 110 120 93 224 259 72 40 40 40 110 110 110 110 110 110 110 11	TOMATO /CUCUMBER CHESS ROLLS/OLIVES HONEY/BUTTER BOILED EGG MILK  LUNCH TARHANA SOUP CHICKEN BURGER/FRIES BAKED VEGETABLES RED CABBAGE KUSKUS SALAD DICED TOMATO CUCUMBER STICKS SEASON SALAD CARROT DIP BUTTERMILK FRUIT  AFTENOON SNACK EASTER BUNS MILK  29/03/2024  MORNING BREAKFAST CARROT/CUCUMBER CHEDDAR CHESSE / OLIVE JAM / BUTTER HERBED OMELET LINDEN LUNCH LENTIL SOUP MEATBALLS WITH PITA OLIVE OIL, FRESH BEANS GRATED CARROT RED CABBAGE ROAST PEPPER SALAD CUCUMBER STICKS LENTIL ROULS SEASON SALAD BUTTERMILK FRUIT	72/75 666/74 720 91 225/250 43 40 40 117 7 15 5 85 22 55 55 201 120 201 120 21 120 43 43 40 40 40 40 40 40 40 40 40 40 40 40 40

AS SEASONAL FRUITS, APPLE, PEAR, ORANGE, TANGERINE, TAKING INTO CONSIDERATION THE BEGINNINGS OF THE SEASON WILL BE SERVED.
ALL SAUCE AND SPICES SERVED IN OUR SCHOOL ARE SERVED IN DISPOSABLE PACKAGES.
MEALS ARE MADE IN MEF SCHOOLS' KITCHEN IN ACCORDANCE WITH HYGIENE RULES.

MEF INTERNATIONAL

CAFETERIA SERVICES CHIEF

SAMET ÖZDEMİR

MEF INTERNATIONAL

FOOD ENGINEER

MÜGE CANCA BAYRAM



MEF INTERNATIONAL

CAMPUS FACILITIES MANAGER

HIZIR HACIHALİLOĞLU

MEF INTERNATIONAL

GENERAL MANAGER

ERDOĞAN BOZDEMİR





